

GOOD  
MORNING



**MONDAY MORNING BREAKFAST CLUB**

**PLEASE ARRIVE IN SCHOOL AT 8AM**

**ENTER VIA THE BREAKFAST CLUB RAMP  
AND RING THE BELL.**

**MRS BEYNON WILL MEET YOU.**



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## FLUFFY RICOTTA PANCAKES



125 GRAMS OF RICOTTA CHEESE

· 120 ML MILK

· 2 EGGS

· 2 TABLESPOONS OF BUTTER (MELTED AND COOLED)

· 125 GRAMS OF SELF-RAISING FLOUR

· PINCH OF SALT

· ZEST OF LEMON

· 1 TEASPOON OF VANILLA (IF YOU WANT TO OMIT THE LEMON)

· 1 TABLESPOON OF SUGAR

TOPPINGS – BLUEBERRIES, RASPBERRIES, STRAWBERRIES, ANYTHING YOU LIKE!

### HOW TO MAKE!

- ADD THE RICOTTA, MILK, EGGS, BUTTER, AND VANILLA (IF USING) TO A MEDIUM BOWL.
- WHISK TO COMBINE INTO A SMOOTH MIXTURE.
- ADD THE FLOUR, SUGAR, SALT, AND THE LEMON ZEST.
- WHISK GENTLY TO COMBINE.
- HEAT A LARGE NON-STICK SKILLET OVER MEDIUM HEAT.
- MELT A LITTLE BUTTER AND SWIRL TO COAT THE PAN.
- SPOON OUT ABOUT A LARGE TABLESPOON AND COOK FOR 3-4 MINUTES, OR UNTIL YOU SEE BUBBLES START TO FORM ON THE SURFACE AND THE EDGES ARE SET.
- FLIP OVER WITH A SPATULA AND COOK FOR AN ADDITIONAL 3 MINUTES.
- SERVE OR PLACE INTO A 200 DEGREE OVEN ON A BAKING SHEET WHILE YOU FINISH MAKING THE REST OF THE BATCH.
- ADD A LITTLE MORE BUTTER AS NEEDED TO KEEP THE PANCAKES FROM STICKING.

***SERVE WARM WITH FRUIT , CREAM OR YOGURT.***

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## SCRAMBLED EGGS ON TOAST



- 4 LARGE EGGS
- PINCH OF SALT
- FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS OF SOFT BUTTER
- A SPLASH OF MILK
- FRESH HERBS TO DECORATE OR GRATED CHEESE
- SLICED BREAD TO TOAST (PLUS A LITTLE EXTRA BUTTER)

### HOW TO MAKE:

- CRACK THE EGGS INTO A LARGE BOWL.
- ADD A LITTLE MILK AND WHISK WELL.
- ADD A PINCH OF SALT AND SOME BLACK PEPPER.
- HEAT UP A MEDIUM SIZED FRYING PAN AND ADD A LITTLE BUTTER.
- GENTLY POUR THE EGG MIXTURE INTO THE FRYING PAN AND COOK GENTLY.
- STIR THE EGGS WITH A RUBBER SPATULA AND ADD A LITTLE BIT OF BUTTER;
- COOK THE EGGS UNTIL CREAMY. SERVE ON TOAST.

***IF YOU LIKE – ADD HERBS TO THE EGGS AS A GARNISH OR GRATED CHEESE.***

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## PORRIDGE

- 100 GRAMS OF PORRIDGE OATS
- 100 ML MILK
- TOPPINGS – CHOPPED BANANAS, DRIED FRUIT, NUTS, ANYTHING YOU LIKE!

## HOW TO MAKE!

- PUT THE PORRIDGE OATS IN A MEDIUM SIZED SAUCEPAN ON A LOW SETTING
- ADD THE MILK AND STIR GENTLY. KEEP THE HEAT ON A LOW SETTING AND GENTLY COOK THE OATS FOR AT LEAST 7 MINUTES.
- IF NECESSARY ADD A SPLASH OF MILK IF TOO THICK.
- TASTE AND ADD A TINY PINCH OF SALT/SUGAR OR CINNAMON .

***SERVE IN A BOWL AND ADD TOPPINGS OF YOUR CHOICE.***